

# IT'S IMPORTANT TO RECOGNIZE THE IMPACT OF SEXUAL ASSAULT IN YOURSELF & OTHERS

## LOOK FOR THESE SIGNS:

- Change in Work Performance
- Mood Swings
- Difficulty Sleeping
- Uncomfortable in Groups
- Troubling Memories about Incident
- Inability to Relax
- Increased Use of Alcohol
- Substance Abuse
- Challenges in Relationships



**Protect Others. Speak Up.**

A photograph of two soldiers in full combat gear, including helmets and camouflage uniforms, walking away from the viewer on a grassy field. They are carrying equipment, and the background is a hazy, open landscape.

**YOU DON'T HAVE TO  
NAVIGATE THIS  
PROCESS ALONE**

## **Connect** *and* **Find Support**



[safehelpline.org](https://safehelpline.org) | 877-995-5247



**Scan to Access  
Men's SAPR Campaign  
Video Resources**

Safe Helpline provides an anonymous, confidential, and secure place for support and access to military and civilian resources 24/7:

- **By phone**
- **Online chat**
- **Peer-to-peer Safe HelpRoom**

